

IS SUGAR HEALTHFUL?

THEY ARE ASKING.

(The Literary Digest.)

Sugar is getting into the hygienists' good graces. Instead of being frowned upon as the cause of indigestion, bad teeth and general ill-health, it is now regarded as a valuable food-substance by most physicians. Not by all, however, for, as we are informed by a writer in the *Drogistische Rundschau*, while some of them maintain that sugar is of great service to the human body, strengthening the digestion and preventing undue acidity, others declare that even its moderate use is injurious to both the stomach and the teeth, while its excessive use develops diabetes. Says the author of the article just mentioned, which is translated for *The National Druggist* (July):

"Old and famous doctors, like Hufeland and Heim, declare that a moderate use of sugar stimulates digestion and prevents fermentation in the stomach, while an excessive indulgence in the article has an injurious effect on the digestive faculties, as it causes the formation of an excess of lactic acid, which makes itself apparent in the secretions especially in the saliva, and in this manner produces an injurious effect on the teeth."

"Latter-day physicians, those representing the latest phases of medical knowledge declare with great positiveness that sugar causes acidity of the stomach only when ingested in small quantities into a stomach already acid or inclined to acidity, when the lactic-acid fermentation seizes upon it and carries it along with it. If, however, the sugar is used in larger quantities it overcomes the fermentation and stops it."

"The latest investigations have in truth demonstrated that lactic-acid fermentation is stopped by an excess of sugar; but, to the disappointment of pie-eaters and bon-bon devotees, it must be stated that this effect is produced only when the substance is absolutely pure. In this condition it seems to make no difference whether the sugar be eaten solid in the shape of lumps, or dissolved in pure water. Sugar excites the secretions of the stomach, increases digestion of albuminous matters and of nutritives containing iron and lime, a fact which proves that under proper conditions sugar is a remedy against anemia, cholosis and in scrofula."

"This explains the love of a great many children for sugar in the lump, who afterward, as they grow older, avoid plain sugar, or sugar by itself, almost entirely. It seems to be a sort of instinct with children with weak bones and thin blood. As early as 1878 Dr. Bokel recommended in his writings, sugar as the best and most powerful remedy in rachitis ('rickets'). According to the theory advanced by him, the sugar given in such cases sets up an alcoholic fermentation, which overcomes the lactic acid present in excess and thus prevents the escape of the bone-building salts."

According to the writer, the idea that sugar causes bad teeth is an altogether mistaken one. The teeth of the negroes in the tropics are dazzlingly white and sound. On sugar-plantations in Cuba, Louisiana, and elsewhere, all negroes run down with labor or sickness grow sleek, fat, and strong again on the return of the sugar harvest solely by chewing the cane. Englishmen and Americans eat more sugar than the French and the Germans, and yet they have better teeth than the latter. He goes on to say:

"After participating in many kinds of food, sugar seems to act as digester, and that heaviness often felt after a hearty meal is frequently relieved by drinking a glass of sugar-water. The famous Hufeland, in his book 'Makrobiotik' (i. e., on long life), sings a hymn of praise to sugar, and recommends plenty of sugar to all who have to eat coarse heavy food. It is better, he states, for lean than fat ones."

"When we find that cake-bakers and millers habitually have bad teeth it is natural to charge the fact to the use of sugar or of flour. Rather ascribe it to the lack of care of the teeth, habitual with those people, which permits particles of food to remain between the teeth and thus further decomposition. If they used the brush frequently and properly they would have as good teeth as anybody."

"In old times our confectioners, bakers, etc., did not employ sugar in their sweet wares, but honey, whose antiseptic properties were known even in remote antiquity, and the Egyptians, Greeks, etc., frequently used it as an application to serious wounds. For that matter, as late as the seventeenth century, our ancestors used sugar as an application to wounds. The practice, however, fell into neglect and was forgotten until only recently prominent surgeons are again bringing the substance into use. Dr. Lucke, for instance, professor at the University of Strassburg, recommends it in gangrene, and has used it with excellent results."

"The Frenchman, Claude Bernard, has demonstrated that the normal sugar-contents of the blood immediately commences to use whenever any disease or injury to the organism commences to grow better. In this case a blood rich in sugar seems to exert an influence on the reparative action. This condition of the blood lasts until the health is restored or until the source of supply (of sugar) is cut short. Normal and healthy blood always contains sugar, which is derived from all nutritive foods and has absolutely nothing to do with the consumption of pure sugar. That a too great indulgence in sugar, by itself or mixed with other things, can have a bad effect and cause sickness is not to be denied, but that its use, either in small quantities or large, can cause diabetes can not be too strongly denied. Such an idea could be conceived or find defenders only from the fact that the original cause of that only too frequent disease has, up to the present, eluded investigation and remains a mystery."

"Finally, we can assert that the healthiness of sugar is no longer disputed by educated physicians. That it is not only an article of nourishment, but a beneficent one, is demonstrated by the fact of the constant growth of its employment. In A. D. 1700 all Europe used about 10,000,000 pounds of it; in 1870 this had reached 4,000,000,000 pounds, while statistics show that from the end of August, 1900, to February, 1902, 2,000,000,000 pounds of beet-sugar alone has been consumed."

REMEDY FOR LYNCH LAW.

John Temple Graves' Analysis of the Negro Question.

RAGES MUST BE SEPARATED.

"The Sternest, the Strongest and the Most Effective Restraint That the Age Holds for the Control of Rape."

Chautauque, N. Y., Aug. 11.—Unique among all summer gatherings is the "mob conference" now in progress here. The increase of mob spirit shown by feuds, lynchings, riots, assassinations and other lawless happenings gives great importance to this conference. Among today's speakers was John Temple Graves of Atlanta, Ga.

Mr. Graves spoke on "The Mob Spirit of the South." He defended lynch law as a remedy for the crime of rape, holding that though lynching is a crime it is justified by the crime which provokes it and will never be discontinued until that crime is eliminated. The remedy for lynching must be the elimination of the crime of rape, and this, he maintains, could be done only by the separation of the two races in the United States.

"The problem of the hour is not how to prevent lynching in the south but the larger question: 'How shall we destroy the crime which always has and always will provoke lynching?' The answer which the mob returns to this vital question is already known. The mob answers it with the rope, the bullet and sometimes, God save us, with the torch. And the mob is practical; its theory is effective to a large degree; the mob is today the sternest, the strongest and the most effective restraint that the age holds for the control of rape."

"The lyncher does not exterminate the rapist," Mr. Graves contended, "but he holds him mightily in check." As a sheer, cold, patent fact, he said, the mob stands today as the most potential bulwark between the women of the south and such a carnival of crime as would infuriate the world and precipitate the annihilation of the negro race. The masses of the negro, he held, are not afraid of death coming in a regular way. They love display and the spectacular element of a trial and execution appeals to their imaginations.

Expediting the processes of the law would not be adequate to eliminate lynching. The repeal of the amendments and the establishment of the negro's inferiority in law and society, said Mr. Graves, though desirable, are not sufficient, "for the negro," he added, "is a thing of the senses, and with this race and with all similar races the desire of the senses must be restrained by the terror of the senses, if possible, under the law." No influence of suppression so mighty and effective could be brought to bear as a law making amputation the penalty for the crime of rape. But this, like curfew edicts, separate laws for white and black or the treatment of the crime of rape as separate and outside of all other codes are but expedients, he maintained, there is no real remedy but one. No statute will permanently solve this problem. Religion does not solve it. Education complicates it. Politics complicates it.

"The truth which lies beyond and above all those temporizing expedients," he concluded, "is that separation is the logical, the inevitable, the only solution of this great problem of the races."

Discussing the subject of "Mental and Moral Contagion," Dr. J. M. Buckley of New York, after speaking at some length of the various transient and permanent changes that take place under different physical and mental influences in human personality, took up the question of crime and argued that all crime implied the existence of society and its attributes, that sin and vice could be committed by a person alone in the world but not so crime. He showed the operation of this and how far through their natural causes epidemics might spread.

In conclusion, he declared that as laws of association bring on such general and feverish criminal tendencies, so the laws of association must be employed to antagonize them.

Columbia, Aug. 11.—An important meeting of the board of trustees of Winthrop college was held in this city yesterday afternoon and three new members of the faculty were elected. Miss Bessie Webb Birdsall was elected to take charge of the department of domestic arts; Miss Marion R. McMillan, M. D., of Charleston is to be the resident physician, and Miss Mamie F. Wickliffe of Wallhalla is to be the head of the new department of manual training.

Rydales Elixir.

The new scientific discovery for diseases of the throat and lungs, acts upon a new principle differing greatly from the old style Cough Medicines which are composed chiefly of wild cherry and tar, which do little more than stimulate the lining of the throat and lungs. Rydales Elixir strikes at the root of the trouble, it kills the microbes that cause throat and lung diseases. It removes the cause and hastens recovery by helping nature restore the diseased organs to health. For sale by all dealers.

Nichols, Aug. 12.—The first bale of cotton was received this morning. It was raised by Mr. Albert Garrels, a thrifty farmer near this place. It weighed 550 pounds.

Atlanta, Ga., Aug. 12.—The house of representatives of the State legislature today passed the convict bill, as amended by the senate, providing for the employment of all five-year felony convicts on the public roads. Each county may work its pro rata number of convicts.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Dr. J. C. H. H. H.*

SEABOARD AIR LINE GOBBLED

It Will Now be Controlled by Rock Island System, But J. P. Morgan is the Real Power Behind Deal.

New York, Aug. 12.—The long expected announcement that the Seaboard Air Line had passed, at last, practically into new hands was made today by Ladbrough, Thalmann & Co., who issued a statement showing that interests, representing the Rock Island and St. Louis and San Francisco, had secured representation in the Seaboard directorate and board of voting trustees. The official statement was as follows:

"Ladbrough, Thalmann & Co. announce that they have completed negotiations whereby new and important interests have become identified with the Seaboard Air Line Railroad Company. B. F. Yoakum and H. Clay Pierce and B. F. Guinness, of Ladbrough, Thalmann & Co., and Okleigh Thorne, president of the North American Trust Company, have been elected trustees of the Seaboard Air Line Railroad. President John Skelton Williams also announces that B. F. Yoakum, H. Clay Pierce, Okleigh Thorne and S. B. Van Vorst have been elected directors of the Seaboard Air Line Railroad."

Mr. Yoakum is president of the St. Louis and San Francisco Railroad, for which company J. P. Morgan & Co. are fiscal agents.

The official announcement of the deal also said:

"The change of personnel of voting trustees of the stock of the Seaboard Air Line Company does not mean the purchase of that company by Rock Island or 'Frisco' interests although the 'Frisco' lines extend into Birmingham, and are a part of the Southern situation. It does, however, emphasize the fact that all the great railway systems are carrying out the policy of more closely cementing the railway transportation interests of the country, which will greatly retard, and it is hoped, entirely prevent the demoralization of the rate situation or the unnecessary construction and duplication of property."

"Attention is called to the fact that, with the discontinuance of any further construction by the Seaboard Air Line, the value of the properties are greatly enhanced. And another gratifying fact at this time, and which is further evidence of the future disposition of the railways of the United States, is that this deal does not call for any financing or supplying of new money."

One of the voting trustees, when asked to state the special significance of the deal, said that it meant a "better understanding among interests that have at various times conflicted."

The policy of the Seaboard Air Line for a long time was one of absolute independence; so much so as to make it at times inimical to the interests of opposing roads traversing adjacent territory. Today's developments, it is thought, will do away with such trouble in the future.

The new directors take the places of F. R. Pemberton, of this city; R. C. Davidson, Baltimore; E. B. Addison, Richmond, and W. W. Mackall, Savannah.

The most important point in the agreement between the Seaboard Air Line and the St. Louis and 'Frisco' interests is that it gives the latter road an outlet to tidewater at six or seven important ports. These include Norfolk, Wilmington, Savannah, Charleston, Brunswick, Fernandina, Jacksonville and St. Augustine. Further down the coast the 'Frisco' Road will have an outlet at Cedar Key.

The difference between the so-called Morgan interests, represented by the Southern Railway, and the Seaboard Air Line people, during the last few years, has been a sharp one. The effort of Thomas F. Ryan and his associates to get a foothold in the Seaboard, or as some suggested, control of that company, was accompanied by rumors at the time that he was acting in the interest of the Southern, but this was strongly denied. The laws of some of the Southern States expressly preclude one company from controlling a competing road. This rendered it impossible for Mr. Morgan to turn the Louisville and Nashville Road over to the Southern. Instead of that it went to the Atlantic Coast Line.

The Seaboard made a strong bid for the Louisville and Nashville Road, and when it was refused even a partnership in it, it was intimated that other alliances would be made, perhaps with the Gould people.

In contrast with the old-time rate cutting which the Seaboard indulged in it has been significant that in recent years it has had a sort of silent understanding to maintain rates, so that all of the railroads in Southern territory would be able to get as much profit as possible out of their traffic.

The Seaboard Air Line Railroad Company, operating 2,611 miles of road, was formed under the laws of Virginia in 1900, to succeed the old Richmond, Petersburg and Carolina Railroad. The system now extends from Richmond, Va., to Tampa, Fla., with connections to Montgomery and to Birmingham, and east to Charleston, Wilmington and Norfolk. Under a traffic agreement with the Pennsylvania Railroad a through passenger and freight service is maintained between Washington and New York.

The Seaboard Air Line also owns the Bay Line Steamship Company, operating from Baltimore to Norfolk.

THE S. A. L.'S NEW BRANCHES.

Birmingham, Ala., Aug. 12.—The Seaboard's branch from Coal City into Birmingham, thirty-nine miles, has been under construction since early in the year and is nearing completion. Trains will be running into this city not later than next January. The Seaboard's Georgia's branch from Rockmart to Atlanta, forty-eight miles, is under construction and will be completed in seven or eight months. The distance between Rockmart and Coal City, eighty-three miles, covered by the Seaboard east and west road, is now operated.

Seaboard System Will Derive Greatest Advantage From the New Arrangement.

New York, Aug. 13.—President John Skelton Williams of the Seaboard Air Line railway, made the following statement today:

"The report that Southern railway interests have acquired an interest in the Seaboard Air Line system is incorrect."

"As is well known Messrs. Pierce and Yoakum are closely identified with the St. Louis and San Francisco-Rock Island system, and it is reasonable to suppose that this latter system and the Seaboard Air Line system will hereafter be operated in thorough harmony or to their mutual advantage. Through this association the Rock Island system will be furnished with direct outlets at seven seaports on the Atlantic coast and the Gulf of Mexico, including Baltimore, Norfolk, Wilmington, Savannah, Fernandina, Jacksonville and Tampa. "The situation is eminently satisfactory to me and to the arrangements by which these new interests have been brought into the property have been carried through by Ladbrough, Thalmann & Co., with my cordial cooperation."

LARGE INCOME OF BUSINESS.

Richmond, Va., Aug. 13.—Concerning the recent Seaboard Air Line deal, it was stated today at the banking house of John L. Williams & Sons, of which John Skelton Williams, president of the Seaboard Air Line, is a member, that the transaction would give the Seaboard about \$3,000,000 of additional business annually and that this practically insures dividends on both the preferred and common stocks of the road. Last year the Seaboard earned a 4 per cent dividend on its common stock.

Through freight service to and beyond Richmond from the west and far southwest will be established soon, and very probably through passenger train service, thus making Richmond a much more important railway centre and increasing its commercial importance greatly. The great advantage to the Seaboard Air Line as a result of the arrangements just effected will be in the diversion of freights from the St. Louis and San Francisco and the Rock Island systems to the Seaboard Air Line.

CHARLESTON DEEPLY INTERESTED.

Special to The State.

Charleston, Aug. 13.—There is much interest taken here in the absorption of the Seaboard Air Line by the Rock Island road. The Seaboard is now building the connection between Atlanta and Birmingham, the terminus of the St. Louis and San Francisco road which was acquired some time ago, and when this connection is complete the only South Atlantic port of any importance reached will be Norfolk. Savannah cannot be reached unless a line is built between Olar and Athens and if this connection is made, it is thought here that an extension will be made to Charleston and at last Charleston will secure desired railway facilities. The line to Augusta has long been wanted and there is now some likelihood of it being built. The Seaboard Air Line owns valuable terminals and franchises here and it would seem to its advantage to construct the railroad of 80 miles, opening the system to the port of Charleston.

CONSTABLES RESENT INSULT.

Excitement in Charleston Magistrate's Court—Called "Derelicts of Society."

Special to The State.

Charleston, Aug. 12.—An exciting scene occurred in the court of Judicial Magistrate Memminger today when Attorney W. Turner Logan, a member of the legislature, denounced the dispensary constables as "derelicts of society," in the course of his argument defending several negro drivers for hauling contraband liquors. Constables Murphy, Hoy and Gideon were in the court room and they resented the insult which the attorney had cast upon them. Murphy was especially outspoken, crying out that he came from one of the best families of the State and was as good as Mr. Logan. The constables wanted Mr. Logan to withdraw the remark which he refused to do and there was much confusion and disorder in the room. Judge Memminger finally restored order. The negroes were acquitted of the charge by the jury, who refused to accept the evidence of the constables of the guilt of the men.

Wilmington, N. C., Aug. 12.—Jobel Register and his father, H. B. Register, were convicted in Whiteville, Columbus county, today of the murder of Jesse Sales and Jim Stally last March and burning their house down upon their bodies, after robbing the premises of something over \$1,000. The younger Register was sentenced to be hanged on October 9, and the father was sentenced to the penitentiary for life. Cross Edmondson, whose confession implicated the Registers and secured their conviction, was sentenced to six years. Register's counsel gave notice of appeal to the supreme court.

Is Indigestion a Disease?

The best medical authorities say that indigestion is not always caused by a diseased stomach, but may result from a disordered liver, constipation, excitement, etc. The cause is of little consequence when Rydales Stomach Tablets are taken, as they never fail to digest the food, check fermentation, free the stomach from irritating acids, and an excess of gas. They relieve at once, Belching, Heartburn, Sour Stomach, Fullness after Eating, etc. Rydales Stomach Tablets have a specific tonic effect on the stomach and organs of assimilation and are guaranteed to cure the worst forms of stomach trouble. For sale by all dealers.

A Good Liver.

A bad liver means a bad breath, bad complexion, poor digestion and often constipation. A good healthy active liver means a fine clear skin, free from pimples and spots, bright eyes, buoyant spirits, in other words good health. Make the Liver healthy and keep it healthy by using Rydales Liver Tablets. They act specifically on the liver as a mild stimulant and tonic, arousing it to activity. They gently stimulate the muscular walls of the bowels and intestines and thus assist nature to restore a regular habit. For sale by all dealers.

900 DROPS

CASTORIA

Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of

INFANTS & CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. **NOT NARCOTIC**

Recipe of Old Dr. SAMUEL PITCHEE

Pumpkin Seed -
Aloes Senna -
Rochelle Salt -
Lime Juice -
Peppermint -
Elix. Cardui -
Worm Seed -
Clarified Sugar -
Wintergreen -
Flavor.

A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and Loss of Sleep.

Fac Simile Signature of
Dr. J. C. H. H. H.
NEW YORK.

At 6 months old
35 DROPS - 35 CENTS

EXACT COPY OF WRAPPER.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Dr. J. C. H. H. H.*

Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

MACON, GA. SUMTER, S. C. ROCKY MOUNT, N. C.

Artope & Whitt Co.,

G. E. RICHARDSON, - - Manager.

Marble and Granite Monuments, Headstones and Iron Fencing.

Large Stock Finished Work on Yard.

You will find our prices much lower than you have been paying. Investigate, call or write for designs and prices.

Special discount for the next thirty days.

Office and works 33 E. Liberty Street, Sumter, S. C. Aug 11—

Corn, Oats, Hay, Ship Stuff, Hulls and C. Seed Meal, Carolina R. P. Seed Oats at

HARBY & CO.'S STABLES.

Also full line of standard grade Wagons, both one and two horse, Buggies, Harness, Carriages.

We also have on hand a full line of building material, such as Lime, Cement, Plaster Paris, Hair, Laths, Fire Brick, Terra Cotta Pipe, Stove Flues, &c.

We want to give you prices when you need any of above, and we will get your patronage.

Yours truly,

HARBY & CO.

Aug 8

SUMMER RATES

ON THE **SOUTHERN RAILWAY**

THE LINE FOR BUSINESS, THE LINE FOR PLEASURE, THE LINE FOR ALL THE BEST

SUMMER RESORTS

Complete Summer Resort Folder Mailed Free to Any Address.

W. A. TURK, Pass. Traffic Mgr. WASHINGTON, D. C. S. H. HARDWICK, Gen'l Pass. Agent, WASHINGTON, D. C. W. H. TAYLOR, Asst. Gen'l Pass. Agt. ATLANTA, GA.